



Chicken Salad

Makes: 6 Servings

This refreshing and light lunch is easy to make. You can pack this salad for lunch on the run. It can also be served for dinner.

Ingredients

1 can canned chicken (drained, about 12 ounces)

3 tablespoons mustard

2 tablespoons honey

1 cup apples (diced)

1/4 cup raisins

1/4 teaspoon black pepper

2 tablespoons parsley or cilantro (chopped, optional)

Directions

1. In a large bowl, combine chicken, mustard, honey, and apples. Mix well.
2. Sprinkle raisins and pepper on top of salad. If using parsley or cilantro, add that too.
3. Serve on a lettuce leaf or on a slice of homemade bread.

Source: A Harvest of Recipes with USDA Foods